

VIDEO SCRIPT Version 6 – June 1, 2012 Grades 6 – 8 – What's for Lunch?

1. GRAPHIC: Words on a phone, text screen or IM on a computer screen: did u finish yr report 4 2morrow? What's it bout?

Ding (of text message arriving on phone or computer)

- 2. school lunches. healthy stuff. did a video. finished!
- 3. MUSIC transition.

TEACHER: Class, our next report is Jayda's video about healthy

lunches, so let's pay attention. Jayda, please begin.

Frame is filled with a DVD players' blue screen. Classroom SOUND EFFECTS such as feet shuffle, light chatter, door closes, etc. Followed by ...

4. "Blip" to imply beginning of student-produced video, with student NARR VOICEOVER. Wide shot of lunchroom entrance shown.

Have you had a school lunch lately? There's lots of healthy foods and <u>some</u> things are a little different now because of the new rules for what can be served each week.

5. VOICEOVER show fruit section of serving line

There's a big spot on your tray for fruit. So if you like fruit you'll be happy. You can have half a cup of it at lunch and

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there are all kinds of options each week. This is good stuff and naturally sweet. Take some, or have juice made totally from fruit.

6. VOICEOVER camera moves to vegetable section of lunch line...

There's an even bigger place on your tray for vegetables! The vegetables are colorful -- red, orange, dark greens, and peas and beans in all kinds of colors.

7. VOICEOVER tray half filled by fruits and vegetables

Look at that tray! Half of it is filled with fruits and vegetables. It goes beyond the half cup of fruits or vegetables required on every school lunch tray. This is a healthy lunch that we kids need to be smart and grow up strong.

8. VOICEOVER package of bread clearly marked as whole wheat

Look at this bread. It's not plain white bread. These breads -- and even our pizza crusts, pasta and rice -- are mostly whole grains, so they may look darker to you. But they're better for us because they have more of what we need to keep growing. And they taste good, too.

9. VOICEOVER with teen pointing to small section on tray and then cut to meat entrée in it.

See this smaller section of the tray? That's the perfect size for today's meat selection. It's not the biggest thing on my plate, and it shouldn't be on yours either!

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10. VOICEOVER milk cooler full of low-fat milk options

One more thing left to find in our search for a healthy lunch at school -- low-fat or fat-free milk! Now it's time to eat!

11. NARR on-camera, fork stick in hand, chewing up small bite before she starts talking. Lunchroom in background.

There are some new things on this tray for me, but they're tasting pretty good.

My folks would love to know that I'm eating healthy stuff at school.

12. Close up of student (adjust background perspective)

Thanks for watching. This concludes my report.

- 13. GRAPHIC: School Lunch Grade A+
- 14. GRAPHIC with logo: Funding for this project provided by: lowa Department of Education USDA FNS

USDA's National School Lunch Program (NSLP), a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions, provides nutritionally balanced, low-cost or free lunches to children each school day. The program was established under the National School Lunch Act, signed by President Harry Truman in 1946. In 2010 the Healthy Hunger Free Kids Act was signed into law, continuing funding for federal school meal and child nutrition programs, giving the USDA the authority to set new nutrition standards for food sold and served in schools, requiring training and certification for all food service personnel, increasing access to healthy food, and promoting overall student wellness. By supporting school and community efforts that provide nutritious meals for children and promote overall wellness, the HHFKA is a major step forward in the fight to end childhood hunger, improve nutrition, and fight our country's epidemic of obesity.